

To be beautiful and to feel beautiful...

BREAST LIFT OR BREAST REDUCTION

A breast lift is a procedure to correct hanging breasts.

A breast reduction is performed to take away excess fat and/or gland tissue.

Weight loss, decreased elasticity through ageing, pregnancy or breastfeeding are all factors that can contribute to a loss of firmness of the breasts resulting in a breast fold which is too deep and a nipple which hangs too low.

A breast **lift** will in that case improve both the shape and the firmness of the breasts.

When the breast not only hangs but is rather small in size it is possible to combine a breast lift with inserting an implant.

This procedure is also done when nipples are not too low. The more the breast hangs, the larger the implant will need to be. When sagging is not very serious an enlargement of one or two cups will be performed to create firm breasts again. The advantages are that scars are minimal, sensitivity in the nipple remains and breastfeeding will usually still be possible.

Women who have big, heavy breasts often complain of back ache. This is a good reason for considering a **breast reduction**. The surgeon will discuss with the patient which cup size is ideal and in proportion with the rest of the body. As a breast reduction in many cases also accounts for a lifting effect the breasts will not only become more beautiful and smaller, but considerably more firm as well.

The surgery

The surgeon will make two incisions, the first one around the areola, and the second one from the areola towards the breast fold.

Excess skin (and when necessary fat and/or gland tissue) is removed. As the nipple and areola remain connected to the breast gland tissue they are lifted to a higher position.

The skin above the nipple is brought down and adjusted thus creating the breast's new shape.

After care

Depending on the surgery technique drains are sometimes placed in the wounds to get rid of excess fluids. These will be removed after 3 to 5 days.

Clinic BeauCare

Tel 0032 2 756 04 03 info@clinicbeaucare.com

www.clinicbeaucare.co.uk

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You will need to wear a special bra for a month. This will be measured and fitted on immediately after surgery, in order to ensure optimal support.

The first few weeks arm and shoulder movements will be limited and you will be advised not to practise any sports or lift things.

Sutures will be removed after approximately 10 days.

Scars tend to be red at first. This redness will gradually disappear.

After about two weeks you can start massaging the scars with a hydrating cream. This will speed up the healing process.

Risks

The 3 main risk factors are:

Smoking

Smoking accounts for more wound problems.

System diseases

Diabetes, obesity, coronary disease, high blood pressure represent a heightened risk for wound healing problems because of a lessened blood saturation in the tissue.

Height of the nipple

The more the nipple needs to be moved upwards, the higher the risk of sensitivity changes or problems with the blood circulation in the nipple.

Your doctor will inform you about possible risks in your individual case. Generally speaking the risks are rather small.

Result

After a month the result can be evaluated. Most women are very satisfied and proud. In some cases the scar needs to be slightly corrected. This depends on the surgery technique that was used. If this is necessary, it will take place under local anaesthetic with good results.